



January 18, 2012

FOR IMMEDIATE RELEASE

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## **James City County Parks and Recreation February 2012 Events, Classes & Activities**

### **Special Events**

#### **Destination Recreation Expo, FREE!**

Saturday, February 25, 9 a.m.-noon

James City/Williamsburg Community Center

A one-stop-shop for everything Parks and Recreation has to offer! Discover your parks/facilities, learn about the variety of classes and programs offered throughout the year and be one of the first to register for summer camp! Informational booths, interactive demonstrations and hands-on activities are just a few great features of this event. We'll keep your children engaged while you gather information about camps, sports, outdoor and aquatic programs, REC Connect, inclusion/therapeutic programs special events, parks and facilities and activities offered through our affiliate organizations. Raffles and discounts given throughout the day!

### **REC Connect – Before/After School Programs**

Annual registration forms for the **REC Connect 2012-13 Before & After School Program** and for **Summer Camp 2012** will be available on Monday, January 30. The forms can be picked up at the Community Centers and Satellite Services in Toano or downloaded from [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation). **Forms must be returned by mail;** no drop-offs can be accepted. James City and Williamsburg residents can mail their completed forms in beginning on Friday, February 3. Nonresidents can apply starting February 10. Fees include annual registration plus weekly activity fees. For more information, please call the Info Line at 259-3170. Discounts are available to any qualified resident based on total income, 259-5414.



## Inclusion

**Buddy Art** (youth ages 7+ with special needs and/or physical disabilities)

Saturdays, February 4, 11, 18, 25 & March 24 & 31, 3-4 p.m.

James City/Williamsburg Community Center

A variety of art activities are offered based on the ages, ability levels and interests of participants. Each class has activity stations and a special project based on the week's theme. Children are assigned a volunteer "buddy" to work with them one-on-one. For more information, visit [www.thiscenturyartgallery.org/BuddyArt](http://www.thiscenturyartgallery.org/BuddyArt) or contact [karenschwartzart@cox.net](mailto:karenschwartzart@cox.net) or (757) 565-2795. Sponsored by This Century Art Gallery in partnership with volunteers from William & Mary and JCC Parks & Recreation.

202090-A

## Youth

**Animal Adaptations** (ages 5-7)

Saturday, February 11, 9:30-11:30 a.m.

\$15; \$10 for JC/W residents

James City/Williamsburg Community Center

Jump, crawl, fly, walk or slither your way into learning why and how animals have adapted to survive within their ecosystems. You'll be introduced to animals as well as their body characteristics and predator/prey concepts. 802103-A

**Get Taken for a Ride** (ages 7+)

Saturday, February 18, 11:30 a.m.-1 p.m.

\$65; \$60 for JC/W residents

**Stonehouse Stables**

Learn to groom and tack a horse and then take a 30-minute mounted trail lesson on an experienced lesson horse. 202107-A

**Kids Clay** (ages 8-12)

Mondays, February 20-March 12, 4-5 p.m.

\$45; \$40 for JC/W residents

James City/Williamsburg Community Center

Make a mess, make some art, and make your mark...in clay! We'll hand build and try the potter's wheel. No experience necessary. \$20 due to instructor during first class for materials. Dress for mess! 202060-A

## Teens

**Applications, Resumes and Interviews** (grades 8-12)



Saturday, February 4, 1-4 p.m.

\$25; \$20 for JC/W residents

James City/Williamsburg Community Center

Don't be nervous about finding a job or volunteer experience; let us help you build the skills that employers are looking for! From filling out an application to what to wear to an interview, this session will help you fine tune your skills. Snacks provided. 603070-A

## Dance

**Mommy and Me Intro to Dance** (Dads welcome), (ages 2-5 & parent)

Sundays, February 19-March 25, 1-1:30 p.m.

\$35; \$30 for JC/W residents

James City/Williamsburg Community Center

You and your little one will creatively explore the world of dance, music and imagination together! No dance experience needed. Please dress in comfortable, stretchy clothes. 302550-A

**Ballet /Tap Combo** (ages 4-6)

Sundays, February 19-March 25, 3-4 p.m.

\$35; \$30 for JC/W residents

James City/Williamsburg Community Center

Children will practice the basic positions and steps of ballet for the first 30 minutes and then it's time to put on their tap shoes to make some noise! Please dress children with pink flat ballet shoes, black tap shoes, leotard and tights (ballet skirt optional). 302560-A

**Magic Carpet Mornings** (girls ages 5-12, plus parent)

Saturdays, February 4-25, 10:30-11:30 a.m.

\$35; \$30 for JC/W residents

James City/Williamsburg Community Center

Introducing our first bellydance classes for girls and their moms! Join us as we take a magical journey into the world of creative movement through bellydance. Enjoy instruction and games that will teach you steps and combinations as you spend time dancing together. Open to all levels, no dance experience needed. 302543-A

**Shimmy Shakedown** (ages 13+)

Thursdays, February 2-23, 6-7 p.m.

\$30; \$25 for JC/W residents

James City/Williamsburg Community Center

Looking to dust off your shimmy? This class will form combinations from various bellydance steps to get you moving and will also feature fitness elements necessary for a dancer. Come and join us for a unique dance fitness workout! 302541-A



**Bellydance FUNdamentals (ages 13+)**

Mondays, February 6-27, 7-8 p.m.

\$30; \$25 for JC/W residents

James City/Williamsburg Community Center

Ever thought about learning to bellydance, but don't know where to start? Join us as we explore the techniques and concepts of bellydance. In each session, we'll learn a new set of FUNdamentals that work together to create this unique style of dance! No dance experience needed. 302540-A

**Bellydance Social (ages 13+)**

Friday, February 24, 6-7:30 p.m.

\$10; \$5 for JC/W residents

James City/Williamsburg Community Center

Our monthly open floor dance time allows you the opportunity to dance with and for other students in a supportive, encouraging and friendly atmosphere. Put your skills to use, come out and enjoy an evening of bellydancing! 302542-A

**Ballet Orientale (ages 13+)**

Saturday, February 18, 1-4 p.m.

\$25; \$20 for JC/W residents

James City/Williamsburg Community Center

Join us for this workshop as we sway into the world of cabaret style bellydance. This class will focus on dance combinations that will form a short choreography. All levels welcome. Wear comfortable workout clothes and bring a scarf to tie around your hips and a long flowing skirt if you have one! 302540-B

**Adult Ballet (Beginner/Review)/Abs Circuit/Flexibility Class (ages 13+)**

Sundays, February 19-March 25, 4-5 p.m.

\$35; \$30 for JC/W residents

James City/Williamsburg Community Center

It's never too late to start ballet! This class is for those who have little to no ballet training. We'll learn all basic positions and steps. Class will consist of barre and center work as well as a circuit focusing on strength training, with a long stretch segment at the end to improve flexibility. Please dress in fitted, stretchy clothing/ dancewear with canvas or leather ballet slippers. Leotard, leggings/tights and ballet skirt are optional. 302560-C

**Adult Ballet (Returning)/Abs Circuit/Flexibility Class (ages 13+)**

Sundays, February 19-March 25, 1:30-3 p.m.

\$35; \$30 for JC/W residents

James City/Williamsburg Community Center



It's never too late to pick ballet back up again! This class is for adults who've had classical ballet training and wish to return for exercise and to improve their artistry. Class will consist of barre and center work as well as a circuit focusing on strength training, with a long stretch segment at the end to improve flexibility. Please dress in fitted, stretchy clothing/dancewear with canvas or leather ballet slippers. Leotard, leggings/ tights and ballet skirt are optional. 302560-B

## Sports and Athletics

### **Tumble Tots** (ages 3-5)

Saturdays, February 4-March 3 (no class 2/25), 10-10:45 a.m.

\$35; \$30 for JC/W residents

James City/Williamsburg Community Center

We'll have them head over heels for this class. Learn basic tumbling, motion skills and group cooperation taught through music and play. 502011-A

### **Tot Shots** (ages 3-5)

Tuesdays, February 7-28, 10-10:45 a.m.

\$35; \$30 for JC/W residents

James City/Williamsburg Community Center

Time to lace-up your basketball shoes and play some ball. Come learn the basic skills of basketball taught through games, drills and relays. This class is designed to introduce children to the sport of basketball in a fun atmosphere. 502107-A

### **Youth Soccer Spring Leagues** (ages 4-18, girls and boys)

Saturdays, March 17 – May 12, 8 a.m.—2 p.m.; no games on 4/7

\$45; \$40 for JC/W residents

Warhill Sports Complex

JCC Parks and Recreation and Virginia Legacy are pleased to partner in the youth soccer league, designed to introduce children to the game. Registration forms can be picked up at the James City/Williamsburg and James River Community Centers, the Satellite Services Office in Toano or downloaded from [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation).

Each age level has a limited number of slots available, so please register early. A \$10 late fee will be added to registrations received after February 11. *A girls' league will only be offered if enough girls are available to create a sufficient number of teams. Girls will be distributed amongst the co-ed teams if there are not enough players for an all girls division.*

### **Coed Soccer** (men 30+ & women 18+)

Sundays, March 4-May 20, 4-9 p.m., \$425



#### Warhill Sports Complex

Register by February 19 for this league, designed to offer soccer to adults in a recreational setting with fun and competitive games. The end of the season tournament will decide the overall champion. The games begin in March and each team is guaranteed eight games. Please register your team under the captain's name by 2/19. Team roster forms can be picked up from the James City/Williamsburg Community Center. Please call 259-5355 for more information about the league or registration.

### Outdoors

#### **The Great Park Pursuit! (all ages), FREE!**

Discover your County parks in the Great Park Pursuit! Register to receive an activity log and water bottle and to be eligible for quarterly drawings including the grand prize drawing in September 2012! More information and the activity log can be found online at [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or at the Community Centers and the Satellite Office. 809510-B

### Health/Wellness

#### **Runner's Clinic**

Tuesday, February 7, 12:30-1:15 p.m., \$5

James City/Williamsburg Community Center

Are you looking to start running or to run your first event? Want to push your limits? Local chiropractor, acupuncture Fellow and Certified Chiropractic Sports Physician, Dr. Daniel Shaye with Performance Chiropractic has personally run over 30,000 miles. In this class, you'll learn how to get the most out of your running experience, maximizing your enjoyment, health and (if you're interested) time goals. Please bring your lunch. 302270-A

#### **Stroke Awareness, FREE!**

Saturday, February 11, 9:30 a.m.-12:30 p.m.

James City/Williamsburg Community Center

A stroke is an emergency and every minute counts! Act F.A.S.T! Learn the risk factors and what to do if you suspect someone is having a stroke! Have your blood pressure checked too!

### Aerobic/Fitness

#### **Kickboxing (ages 16+)**

Tuesdays/Thursdays, February 2-28, 6:30-7:30 p.m.

\$38; \$33 for JC/W residents (non-wristband holders), 302730-A



\$5 (wristband/combo pass holders), 302730-B

### **Stonehouse Elementary School**

Kick up your fitness routine with Cardio Kickboxing! This popular class will burn a ton of calories while increasing your strength and muscle tone. Please bring a mat and water bottle to each class.

**Adult Group Fitness Classes** (ages 13+). Get in shape or stay in shape with a wide variety of land and water based classes. Over 140 classes offered monthly! Professional instruction! Access requires either a combo pass or wristband. Class schedules and fees are posted online at [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) and at the James City/Williamsburg Community Center Front Desk.

### **Arthritis Foundation Exercise Program - Level I & Level II**

Level I is a chair-based, low-intensity class that promotes joint flexibility, muscular strength, endurance, coordination and range of motion. Level II is moderate intensity and is designed to enhance your cardiovascular conditioning, range of motion, flexibility, muscular strength, endurance and coordination. For class times, schedules and fees, stop by the James City/Williamsburg Community Center Front Desk or visit [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or call 259-4200.

## **Aquatics**

### **Learn To Swim Programs**

Open registration will be held February 13-26. After you have successfully passed a class, you can register for the next level during this two-week open registration Period. If you're unsure of your or your child's swimming needs or level, attend the FREE swim evaluation on February 13, 4:30-6:30 p.m. at the James City/Williamsburg Community Center. For the complete list of aquatic programs and classes, visit [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or call 259-4185.

**TO REGISTER:** Online at [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or visit the James City/Williamsburg Community Center (JCWCC), 5301 Longhill Road, the James River Community Center (JRCC), 8901 Pocahontas Trail/Rt. 60 or the Satellite Services Office, 3127 Forge Road in Toano. By phone, call (757) 887-5810, M-F, 4-8 p.m. and (757) 259-4200 on weekends, 1-5 p.m.

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